

# Barley Carrot Cake

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## Ingredients

2½ cups barley flour  
2 teaspoons baking soda  
1 teaspoon salt  
2 teaspoons ground cinnamon  
½ teaspoon ground nutmeg  
1 teaspoon ground ginger  
2 cups sugar  
1 cup unsweetened applesauce  
¼ cup canola oil  
4 large eggs  
3 cups grated carrots

## Equipment

- 9x13-inch baking dish
- large bowl
- measuring cups
- measuring spoons
- whisk or wooden spoon
- cooling rack
- parchment paper (optional)

## Method

1. Preheat oven to 350°F.
2. Line baking dish with parchment paper (or oil and flour each dish).
3. In medium bowl, mix flour, baking soda, salt, cinnamon, nutmeg and ginger. Set aside.
4. In large bowl, beat sugar, applesauce and oil until blended. Add one egg at a time and beat or whisk until blended.
5. Add flour mixture and stir until blended. Add carrots stirring until fully combined.
6. Pour batter into baking dish. Bake about 40 minutes until toothpick comes out clean and middle of cake springs back when gently pressed with a finger.
7. Cool.
8. Frost once cake has fully cooled.

Makes about 12 pieces



**FNH-00405**

## Nutrition Facts

Serving Size (125g): 1 piece  
Servings Per Container: About 12

Amount Per Serving

Calories 290 Calories from Fat 70

% Daily Value\*

Total Fat 7g 11%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 460mg 19%

Total Carbohydrate 53g 18%

Dietary Fiber 4g 16%

Sugars 38g

Protein 4g

Vitamin A 100% • Vitamin C 4%

Calcium 2% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



**Total Cost: \$7.72**

**Cost per serving: \$0.64**

\*Cost is based on lowest available price in Fairbanks, Alaska in 2010. Sale prices are not included in the assessed prices for each ingredient. Cost is based on quantity of the ingredient used in this recipe.

## Tips

- Replace applesauce with equal amount of canola oil if no applesauce is available.
- Use two 12-cup muffin pans to make cupcakes instead. Reduce baking time to about 15 minutes.
- Replace the eggs with pasteurized egg product if preferred. Replace according to directions on package.
- Replace eggs with dried egg powder if preferred. Replace according to directions on package.
- Frost with your favorite cream cheese frosting or make this simple recipe: *blend 8 ounces cream cheese (1 package) and 4 tablespoons softened butter. Add 1–1½ cups confectioner's sugar and 2 teaspoons vanilla. Blend until smooth.*
- Cake can be covered in plastic wrap and stored in refrigerator for 3–5 days.





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